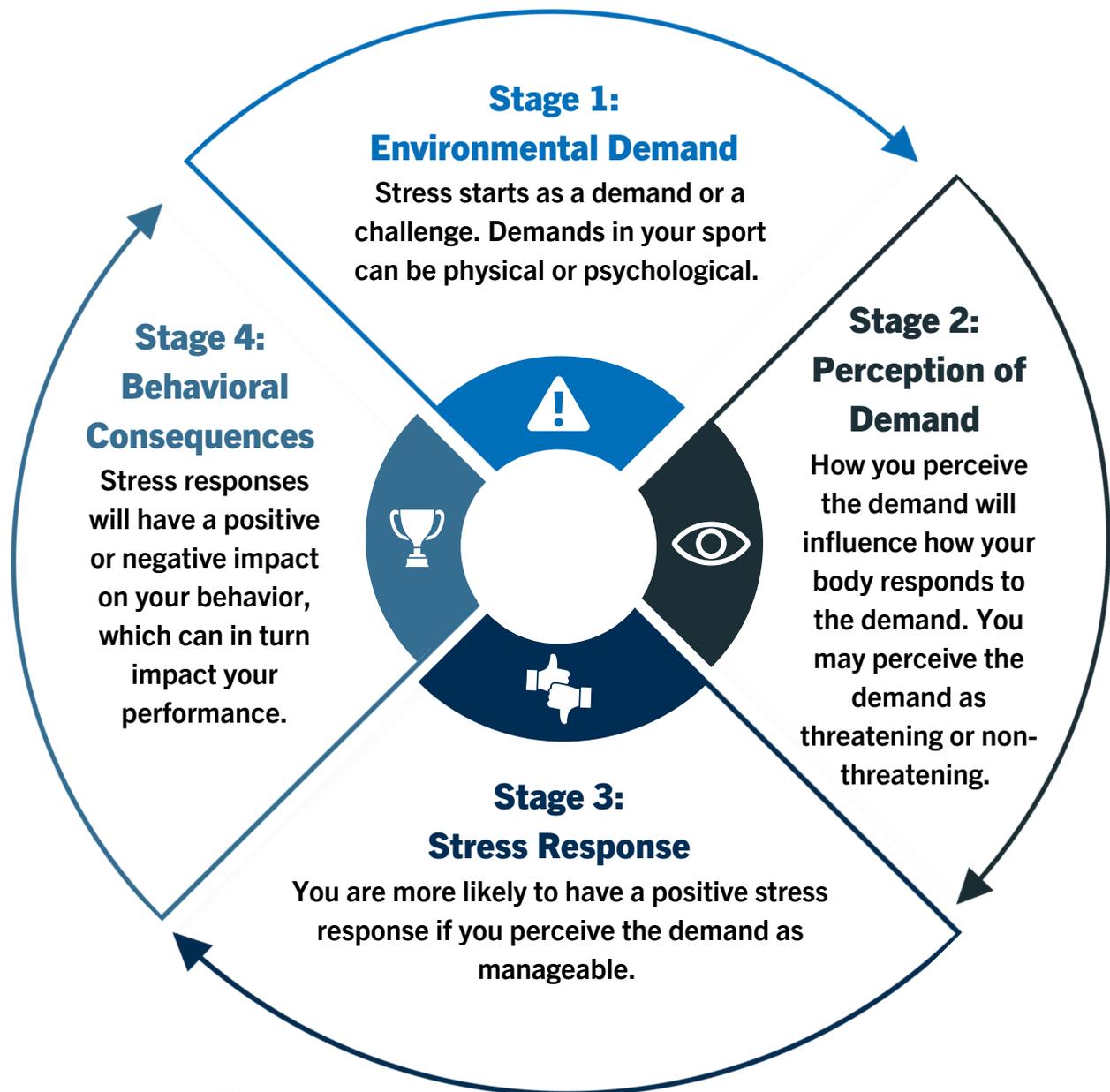


Turn Stress into Success

Use this self-reflection exercise to identify and reframe stress.

McGrath's Stress Model:



Remember that awareness is the first step to improving your mental performance!

Turn Stress into Success

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Self-Reflection Journaling Exercise

What is really challenging about your sport?
What are some of the demands you face?
Remember that demands can be physical or psychological.

Which demands do you think you would be able to deal with and which demands seem out of your control? Think of the reason why you perceive each demand as manageable or not. Write down your thoughts.

Choose one of the demands you think are unmanageable and reframe it into a positive statement. Example: "I can use the pressure I feel to perform as motivation to give my best effort."

If you perceive a demand as manageable, you're more likely to have a positive stress response.

